

April.2024

	MON	TUE	WED	THU	FRI	SAT	SUN	MEMO
	Mat & Martial Arts Area	Mat & Martial Arts Area	Mat & Martial Arts Area	Mat & Martial Arts Area	Mat & Martial Arts Area	Mat & Martial Arts Area	Mat & Martial Arts Area	
10:00	10:00-11:00 Pilates TOMO	10:00-11:00 Yoga Kumiko Mishima	10:00-11:00 Yoga TOMOMI	10:00-11:00 ZERO-i conditioning FUKASAWA	10:00-11:00 Yoga Kumiko Mishima	10:00-11:00 Dead weight training NAO	10:00-11:00 Yoga KURUMI <b>NEW</b>	
11:00	11:10-12:10 Body Makeup Exercise TOMO		11:10-11:55 <b>NEW</b> Pilates Beginner TOMO			11:10-12:40 Kickboxing [Beginner - Intermediate] Shintaro	11:10-12:10 Pilates TOMO	
12:00		11:10-12:40 KRAZYBEE	11:00-13:00 MMA Grappling [Advanced] Kokuei	11:10-12:40 KRAZYBEE	11:10-12:40 Self-defense Boaz Hagay			
13:00	12:20-13:20 Kick Fitness REO		12:10-13:10 Circuit training TOMO			13:00-14:30 Kids Physical for Fitness [Age free] Izumida & Matsui	12:20-13:20 Strength&Conditioning NAO	
14:00					12:50-13:20 Fat-burning all-out circuit TOMO		13:30-14:30 Kickboxing [Beginner] REO / OKANO	
15:00						14:40-15:40 Kids Wrestling [Age free] Izumida & Matsui		
16:00	16:30-18:00 Kids Kick & Physical Training REO	16:00-17:00 Kids Wrestling [Age free] Kaito Nakamura	16:00-17:00 Kids Wrestling [Ages 3-6] Kaito Nakamura	16:00-17:00 Kids Dance Mao	16:00-17:00 Kids Wrestling [Ages 3-6] Kaito Nakamura	15:50-16:50 Kids Wrestling Advanced [Age free] Izumida & Matsui	14:40-15:40 MMA Basic [Beginner] REO	
17:00		17:00-18:00 Kids Cheer Dance Mao	17:00-18:00 Kids Wrestling [Over 1st grade of elementary school] Kaito Nakamura	17:00-18:00 Kids Physical Training YSA staff	17:00-18:00 Kids Wrestling [Over 1st grade of elementary school] Kaito Nakamura	17:00-18:00 Wrestling Izumida	15:50-16:50 Pads work YSA staff	
18:00								
19:00	18:10-19:10 MMA [Advanced]	18:50-19:50 Kickboxing [Beginner - Intermediate] Shintaro	18:50-19:50 Ladies Kickboxing [Beginner - Intermediate] Shintaro	18:10-19:10 Kickboxing Shintaro	18:10-18:55 <b>NEW</b> Pilates Beginner TOMO	18:30-19:45 Core Performance ISHII		
20:00	19:20-20:20 Grappling No-Gi [Beginner] Tommy		18:30-19:30 Self-defense Boaz Hagay	19:20-20:20 Jiu-Jitsu [Beginner] Myke Ohura	19:20-20:20 MMA Basics [Beginner] Mine	18:10-19:40 MMA [Advanced]		
21:00	20:30-21:30 Grappling No-Gi [Experienced] Tommy	20:00-21:00 Kickboxing [Intermediate - Advanced] Shintaro	19:50-20:50 Ladies Kickboxing [Intermediate - Advanced] Shintaro	20:30-21:30 Jiu-Jitsu [Experienced] Myke Ohura	20:30-21:30 MMA Technique [Intermediate - Advanced] Mine	20:00-20:20 Relaxing Meditation ISHII		
22:00		21:10-21:55 Kickboxing[Sparing] Shintaro	21:00-22:00 Relax Yoga Chiemi					

Women's Day

4/16 Substitution  
KOTO

4/4  
Cancelled

Pads work 3min 2R  
For free!!!!  
Ask anytime!!



